

2Lime Perfection Salad100

Number of Servings: 100 (118.66 g per serving)

Amount	Measure	Ingredient
4 3/4	oz	Gelatin, lime, sug free, low cal, dry mix, svg
2 1/2	qt	Water, municipal
4.00	cup	Juice, pineapple, unswtnd, w/o add vit C, cnd
2 1/2	qt	Water, municipal
1.00	gal	Pineapple, crushed, w/juice, cnd, drained
1.00	gal	Cabbage, fresh, shredded
1.00	gal	Carrots, fresh, grated

Nutrients per serving

Nutrition Facts			
Serving Size (119g)			
Servings Per Container			
Amount Per Serving			
Calories 40		Calories from Fat 0	
		% Daily Value*	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 55mg		2%	
Total Carbohydrate 8g		3%	
Dietary Fiber 1g		4%	
Sugars 7g			
Protein 1g			
Vitamin A 60%		• Vitamin C 15%	
Calcium 2%		• Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Bring first measure of water to a boil and stir in Sugar Free Jello until dissolved with spatula or wire whip. Add pineapple juice and second measure of water and let reach room temperature or cool to where just starting to slightly gel.

Stir in drained pineapple, shredded cabbage and grated carrots.

Pour into pans that can be cut into the # pieces the yield of the recipe is for.

Refrigerate overnight or until set up. Cut into # pieces indicated by recipe yield. This will be about a 3/4 c serving.

1 piece or ~3/4 c = 1 fruit-vegetable serving

1 serving = 9 grams CHO = 1/2 Carb Serving

Notes

Drain crushed pineapple and save some/all of it for juice for recipe use.

Prepare THE DAY BEFORE the salad is on the menu to allow time to set up.

.6 oz package SF Jello = 1 T + 2 1/2 t volume (box of SF Jello calling for 4 c total water); made stiffer in recipe to hold up when cut in squares with fruit/veg in it.